

# INTRODUCING

## Rhiannon



In 2009 I went on a girls' trip away to Bali just two weeks before my 21st birthday. The trip became the start of a new life and an unplanned journey for me when I dived into a resort swimming pool and hit the bottom. The injuries resulted in quadriplegia.

Before my injury, I was working as a vet nurse as I loved all animals. Another passion of mine was singing, and I was heading towards a professional career. Music was always a way I expressed myself, but after my accident, singing was something I felt I couldn't do anymore because I had lost my confidence. Life was different as a quadriplegic.

It's taken a few years, but I have found that confidence again. My love for music has returned, and although I still cannot return to vet nursing, I keep myself occupied with my two dogs and my cat.

Although this injury is not something I would have wished for, I have met some incredible people through this experience and I have learnt some valuable lessons along the way.

Life is full of surprises, and sometimes things fall apart so that better things can fall together.